

Choosing & Cooking **MEAT**

Published to Celebrate 50 Years
of Quality and Service by
THE AUCKLAND MEAT CO. LTD.

1906



1956

62/05b

Mrs. A.M.C. Customer

This book is published to celebrate half a century of service to generations of Aucklanders.

You know that the meat you buy from your A.M.C. butcher is quality meat. This book will help you to get the best value and the most enjoyment from it.

Care in the choosing and preparation of meat will help you to get the utmost value from your purchase. Careful selection and the help of your A.M.C. butcher will show you how to use meat to the best advantage. But it is the cook who really matters. Older customers have a longer and wider experience of cooking at their command, so it is the younger housewife who will find most help in the pages that follow. But, beyond what can be found in this Jubilee Book, there is also the wealth of experience advice and guidance which your A.M.C. butcher can give you. The benefit of this specialised knowledge of meat is, we have found, welcomed by women of all ages.

FIRST ISSUE AUGUST 1956
REPRINTED SEPT. 1956

eat & enjoy  *quality meat*

Meat

*& its important place in
the health of the nation*

Meat is the Yardstick of Proteins

Proteins are necessary for the maintenance of life, for growth and for the replacement of worn out tissues and must be provided daily.

Meat has a high content of Protein; it is in itself a complete high quality Protein.

Meat provides protein in its more easily digested form.

Meat contains important Vitamins and many essential Minerals

Meat is an important source of vitamins, especially the Vitamin B group, which includes Vitamin B-1 (thiamine) necessary for growth, appetite, and protection against certain diseases. Meat is high in readily available copper and iron —the red blood builders. Meat is rich in phosphorus, which works with calcium for sound teeth and bones.

WATCH YOUR FIGURE

Excess weight has long been known as a threat to health. A meat diet (consult your doctor) can help you to reduce safely. Meat is not fattening; it satisfies your hunger, keeps you from getting tired and listless. Meat provides the energy you need. Don't forget that you require PROTEINS IN THE SUMMER as well as in the WINTER. The human body requires a daily supply to keep you tuned up.

If you are too thin eat more meat. If overweight, reduce on a meat diet. Meat will help you keep just right. To help your nerves, eat a little fat. Fat is a concentrated form of stored energy.

FOR THE CHILDREN

Growing children need body-building Protein. 'Hollow legs', true—it is their hungriest age, an age of growth and great muscular activity. Quality of Protein is as important as Quantity. Proteins are generally considered most satisfactory for the Health of Children. Their growth is better if meat Proteins are regularly provided.

MEAT IS A MUSCLE BUILDER

A Service to help you choose meat

The housewife who likes to see her meat before buying may be guided by these general descriptions.

Beef: Good beef should be lean meat, which is red in colour, surrounded by a creamy coloured fat with small streaks of fat distributed through the lean. All joints should have a fair proportion of fat if they are to be juicy and tender. More particularly for roasting.

Mutton should have a dark pink to red meat, with a white fat which, in a well finished carcase, will be rather brittle.

Lamb: The lean varies from a light to a dark pink. The fat of young Lambs is quite soft and slightly pink in colour.

Pork is a greyish pink. Fine grained, firm flesh, marbled with fat and covered with a firm white fat.

Veal is greyish pink in colour, with very fine grain. Less surface fat, which is clear, firm and white. Veal does not have the flavour of a more mature meat.

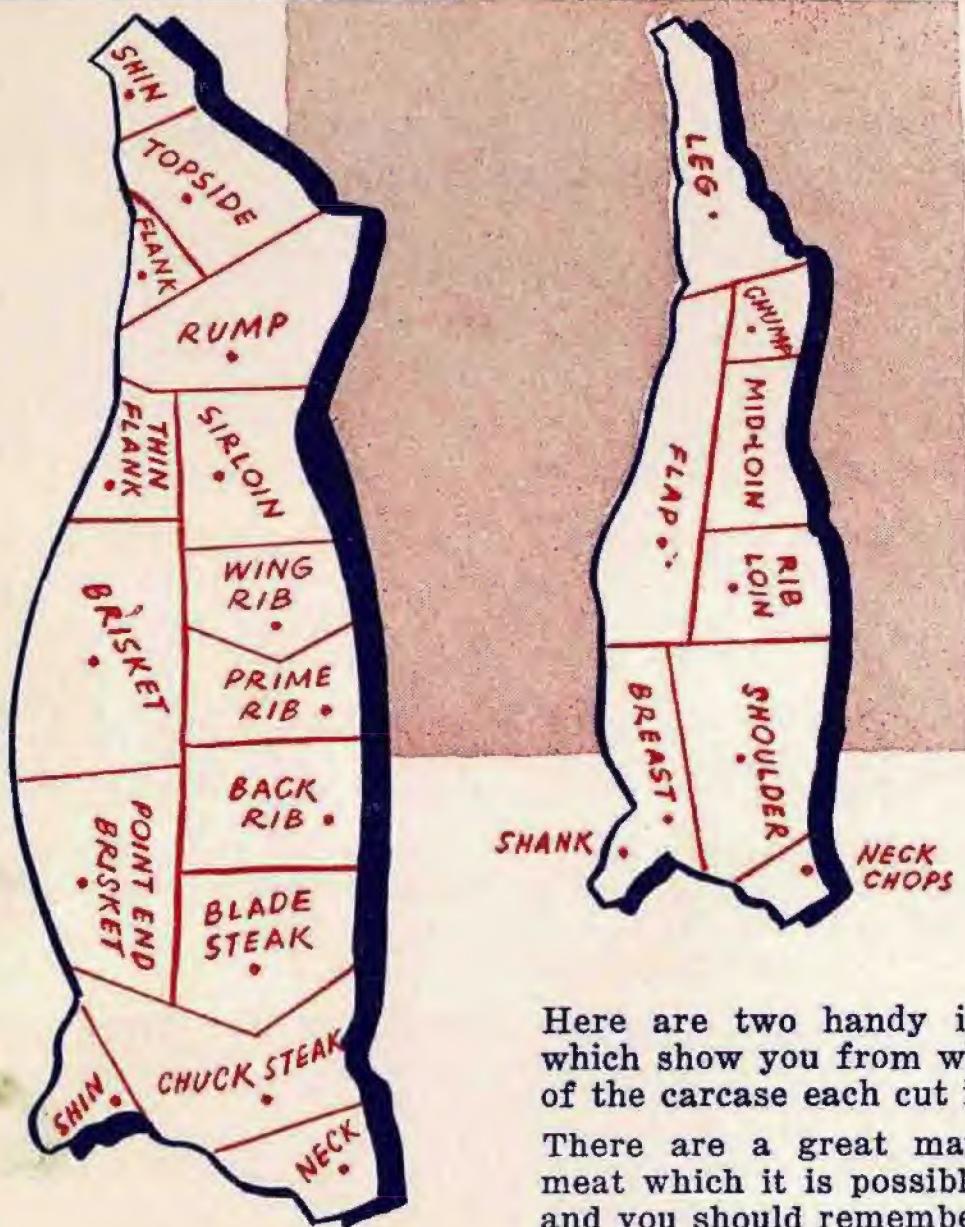
YOUR A.M.C. BUTCHER IS MORE THAN A SELLER OF MEAT

You can have his expert guidance in the selection, purchase, cooking and carving of Meats. Your A.M.C. Butcher will be glad to help you. He is backed by an organisation with 50 years of experience in buying and supplying the Best in Quality Meats. When in doubt, he can help you with suggestions. The kind and weight of meat you require for a meal or a snack. Whether it is suitable for Roasting, Stewing, Braizing or Frying, he can recommend the lesser known and less expensive cuts for variety and economy.

HE WILL BE PLEASED TO SERVE AND HELP YOU

Meat Cuts

and how to
choose them



Here are two handy illustrations which show you from what portion of the carcase each cut is obtained.

There are a great many cuts of meat which it is possible to obtain and you should remember, too, that there are less-demanded cuts

which offer excellent opportunities and which contain the same high nutritive value as the more popular and expensive ones. Much of the value of these meats lies in the manner in which they are cooked and served.

Study these two diagrams of the basic cuts of beef and mutton. But the art of choosing meat cannot be learned from diagrams alone. Ask your A.M.C. Butcher to show you why the cut you are buying is best for a particular purpose. Learning to choose is best done with the meat in front of you. Ask your A.M.C. Butcher, too, about the cuts you have never tried.

MEAT SUPPLIES PROTEINS

Meat Cuts

and how to use them

Beef Roasts

Prime rib, Back rib, Sirloin, Top-side, Chuck ribs, Wing ribs, Flat ribs, Blade or Bolar steak.

Braized Steak

Gravy beef, Blade steak, Beef steak.

Casserole of Steak

Beef steak, Skirt steak, Blade steak, Topside.

Corned Beef

Silverside, Brisket on the bone, Brisket boned and rolled.

Steak and Kidney Pie

Beef steak, Shin beef, Gravy beef, Kidney (any kind).

Stewing Beef and Soups

Leg of beef, Half leg, Shin, Half shin.

Roast Mutton

Leg, Loin, Neck and Breast, Shoulder, Forequarter, Fillet, Spanish neck.

Cutlets (crumbed)

Lamb Chops or Loin mutton cut to shape, Veal in steaks or Veal chops.

Casserole of Chops

Forequarter chops, Rib chops, Leg chops, Flap chops.

Stewed Mutton

Mutton chops, Breast of Mutton Mutton flaps.

Roast Lamb

Forequarter, Loin, Leg.

Roast Veal

Fillet veal, Boned shoulder, Loin.

Fricassee of Veal

Cut-up veal, Veal steaks.

Pot Roast

Chuck, Rib, Topside, Rolled Brisket, Thick Flank, Rolled Flap of mutton

Colonial Goose

Forequarter Lamb or Hogget, Boned Flap of Mutton.

Meat Loaf

Mincemeat or Sausagemeat, Minced Steak meat, Leftovers Minced.

Brawn

Shin Beef, Knuckle Veal. Pigs head.

POINTERS

Serve Green Salads with Grills.

Fry steaks in a dry pan without added fats.

Unwrap meat as soon as you get it home.

Serve stewed apple with sausages.

Lemon added to Stews helps tenderising.

Make meat go further by adding other foods.

Leave uncooked meat uncovered or loosely covered with waxed paper.

Cooked meat should be covered closely.

Your A.M.C. Chart

	BEEF	MUTTON or LAMB
Roasting	Sirloin Prime Ribs Wing Ribs Rolled Ribs Topside Bolar (with or without (Stuffing))	Leg Loin Forequarter Shoulder Fillet
Boiling	Silverside Corned Round Corned Roll Brisket Top Rib (corned or fresh) Topside Bolar (fresh or corned)	Forequarter Leg (fresh or corned) Shoulder
Frying & Grilling	Rump Steak Porterhouse Steak Buttock Steak Blade Steak Skirt Steak Topside Steak Thick Flank Minced Steak Sausages	Loin Chops Leg Chops Cutlets
Stewing	Topside Steak Chuck Steak Skirt Steak Blade Steak Gravy Beef	Forequarter Chops Flap Mutton Flap Chops Neck Chops

BUY A.M.C. QUALITY MEATS AT

City	190 Hobson St.	41-191	Ellerslie, Main Highway	595-289
"	58 Wakefield St.	32-894	Epsom, 411 Manukau Rd.	60-886
"	21 Wellington St.	41-347	," Greenwoods Cnr.	63-885
"	59 Queen St.	43-031	Glen Innes, Heatherbank St.	583-318
"	308 Queen St. (Gt. Central)	40-263	Grey Lynn, Surrey Cres.	13-567
"	Quay St. West	44-394	," 413 Richmond Rd.	11-347
Devonport	40 Victoria Rd.	71-685	Meadowbank, 12 St. John's Rd.	21-152
"	87a Vauxhall Rd.	70-021	Mt. Albert, 893 New North Rd.	84-465
Dominion Rd. (Valley Rd.)		62-456	Mt. Eden, 425 Mt. Eden Rd.	61-426
"	Balmoral	63-315	Mt. Roskill, 993 Dominion Rd.	89-466

SUGGESTIONS FOR TODAY

PORK	VEAL
Leg Loin Shoulder Rolled Pork	Leg Loin Shoulder Fillet Rolled
Hand Corned Belly Corned Pigs Cheeks Leg Corned	Knuckle Neck Flank
Pork Chops Pork Steaks Sausages (Monarch)	Veal Chops Veal Cutlets Veal Steak
FOR SOUPS	
Ox Cheeks Gravy Beef Shank Mutton Bacon Knuckle Bones	Fresh Brisket (on bone) Sheeps Head Ox Tail Bacon Bones

THESE BRANCHES

Newmarket Broadway	27-749
Newton, 474 Karangahape Rd.	42-761
Onehunga, 240 Queen St.	564-876
" 176 Trafalgar St.	566-939
Papakura, Gt. South Rd.	P'kura 65
Parnell 419 Parnell Rd.	45-133
Ponsonby, 16 Jervois Rd.	13-292
" 97 Ponsonby Rd.	14-515
" 102 College Hill	15-360

MONARCH DELICIOUS MILD CURED BACON

Monarch Hams
Cooked on the Bone.
Ham Rashers
Cooked Pressed Ham

MONARCH PORK SAUSAGES

MONARCH BEEF SAUSAGES

MONARCH SMALL GOODS

Cocktail Sausages
Black Pudding
White Pudding
Saveloys
Polonies
Ham & Chicken Roll
Beef Luncheon Sausage
Royal Luncheon Sausage
Frankfurts

MONARCH COOKED MEATS

Pressed Beef
Corned Silverside
Pressed Veal
Brawn Roll

MONARCH LARD AND DРИPPING

SUNDRIES

Sweetbreads	Ox Tails
Suet	Sheep Kidneys
Mincemeat	Lamb Frys
Tripe	Shin of Beef
Hearts	Ox Kidneys
Ox Tongues	Ox Liver
Brains	Sheep Tongues

Remuera, 563 Remuera Rd.	25-479
" 91 Upland Rd.	22-762
Sandringham, 543 Sand'ham Rd.	85-865
Symonds St., 176 Symonds St.	41-096
Stanley Bay, 86 Calliope Rd.	70-087
Takapuna, Cnr. Lake Rd. and Cameron St.	78-410
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Mincemeat	Lamb Frys
Tripe	Shin of Beef
Hearts	Ox Kidneys
Ox Tongues	Ox Liver
Brains	Sheep Tongues

Cooking and Oven management

1. Remember, particularly in the cooler weather, that there can be a loss of up to 50 degrees of heat when you open your oven door to insert your food. Some warm air comes out, and cooler air goes in to takes its place. It is better to preheat 50 degrees higher than the recommended temperature to allow for this loss of heat. If your oven is controlled by a thermostat, turn back to the original recommended temperature when the food is in the oven and the oven door is shut.
2. Thermometers should be used as indicators, as the temperatures can have a 50 degree discrepancy either way on individual thermometers.
3. The more food that is placed in the oven, the more cool surfaces there are to cool the oven down. Make allowances for this also when preheating.

Placing of food in the oven

1. Small quick cooking goods requiring a high temperature are placed towards the top of the oven which is the hottest part.

Examples: Pastry, Meat Patties, Yorkshire Puddings.

2. Those requiring a Medium heat, in the centre.

Examples: Meat dishes done in a shallow open heat-proof dish, shepherd's pie etc.

3. Slower cooking goods go towards the lower part of the oven.

Examples: Casseroles, Roasts of meat.

HERE IS A GUIDE TO OVEN TEMPERATURES.

	Gas Degrees	Regulo	Electric Degrees
Slow Oven	260° — 320°	1 — 3	275° — 325°
Moderate	320° — 395°	3 — 6	325° — 375°
Moderate Hot	395° — 450°	6 — 8	375° — 475°
Hot Oven	450° — 500°	8 — 10	475° — 500°

CHECK WITH INSTRUCTIONS ISSUED WITH YOUR STOVE.

Frying & Grilling



Frying

Shallow pan frying (frying pan)

Heat a small amount of fat in frying pan, until thin blue smoke is seen.

Sear the meat each side for about 1 minute to seal in the juices, reduce the heat and finish at a slower temperature. Turn frequently, pour off unwanted fat. Time depends on thickness of meat.

Deep fat frying

Use a deep pan and preferably a wire basket. Heat fat until smoking hot. Use egg and breadcrumbs or batter as a covering.

Warning: Remove the hot fat from the heat when immersing the meat. If left on the heat it is likely to boil over. Cook a little at a time otherwise the fat cools too quickly. Remove when golden brown and drain on paper. Serve at once.

By direct or radiant heat

Grilling

Choose best cuts of meat. Pre-heat grill until red hot, lightly grease grid iron or grilling rack.

Sear each side to seal juices. When nicely browned lower temperature. If not possible remove meat further from the heat, finish slowly.

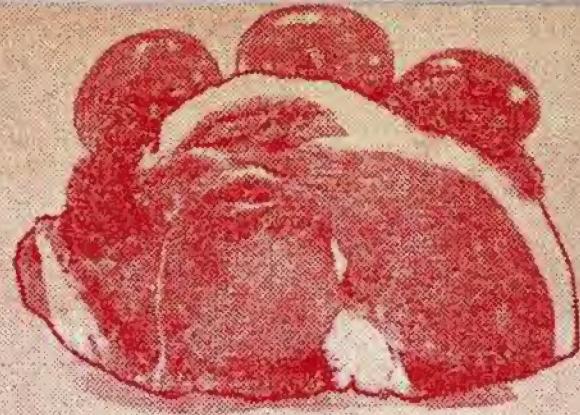
Grilling. Dry Pan Method

Pre-heat cast-iron or aluminium grilling iron, girdle, or frying pan, (as long as it is made of cast metal). A well seasoned pan needs no grease. If required use the merest smear of fat. Sear meat each side to seal in the juices. Turn off heat or remove pan from heat and cover, finish on the stored heat of the pan.

APPROXIMATE GUIDE FOR COOKING TIME

Steak, Thick and rare	10 — 15 minutes.	Steak, well done	15 — 20 minutes.
Mutton Chops	10 — 15 minutes.	Pork Chops	20 — 25 minutes.
Lamb	10 — 20 minutes.	Veal Steak, thick	15 — 20 minutes.
Veal Steak, thin fillet	7 — 10 minutes.		

Stewing



Stews. This is a suitable method for cooking coarse fibred meats, also gelatinous meats such as heads, knuckles, feet etc. A temperature well below boiling point is required, a stew should barely simmer. The liquid is served with the meat so no nourishment is lost. Stewing may be done in the oven in a covered casserole, or on top of the range, in a strong saucepan with a well fitting lid. No definite rules can be given for cooking times. These depend on the type of meat and quantity being cooked. Another excellent utensil for stewing is the double saucepan as this ensures that boiling point is never reached. Continued boiling toughens the meat.

There are two types of stews:—

Brown Stew

Dice the meat and vegetables. Toss in seasoned flour. Sear in the frying pan with a little fat until brown, to seal in some of the juices. Place the meat in a casserole or pan, cover with stock or water, bring slowly to simmering point and maintain this until tender.

White Stew

This is generally made from mutton or veal. The meat is not fried first and the general rules for stewing are followed.

CUTS SUITABLE:

Blade Steak
Stewing Chops
Mixed Steak & Kidney
Topside Steak
Sheep Kidneys
Sweetbreads

Sheep Brains
Leg Chops
Gravy Beef
Tripe
Shin Beef
Ox Cheek
Liver

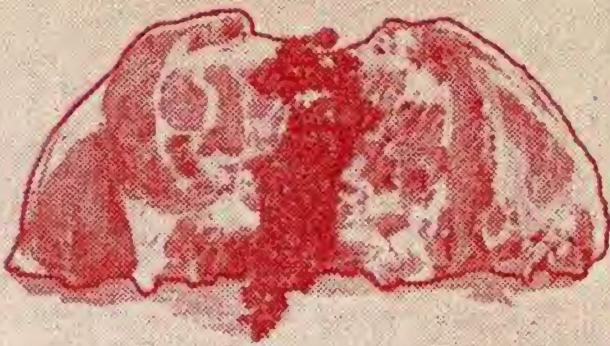
Ox Tail
Skirt Steak
Flap Chops
Rib Chops
Beef Steak
Stewing Veal
Mutton Flap

PRESSURE COOKER STEWING

When stewing in a pressure cooker add about $\frac{1}{2}$ the amount of stock required in the recipe. Add thickening at the end of the cooking time and re-boil 3-4 mins. stirring all the time.

Follow the rules that apply to your own cooker.

Braizing



BRAIZING can best be described as a combination of stewing, roasting and steaming. It is suitable for large and small joints and less tender cuts of meat. The meat is cooked at 350 degrees over vegetables placed in the bottom of a casserole or saucepan. This gives flavour and a moist consistency. For the last $\frac{1}{2}$ hour of cooking remove the lid if done in an oven casserole. If the first part of the cooking is done in a saucepan, transfer to a casserole and bake with lid removed in the oven at 425 degrees F.

Method I. For joints suitable for final roasting

1. Prepare meat. It may be stuffed if suitable and desired. 2. Weigh to find out cooking time allowing 25-30 minutes to the lb. and 30 minutes over. 3. Melt dessertspoon of fat in a pan with a few bacon rinds. 4. Fry prepared vegetables lightly in the fat, parsley, herbs or a bay leaf may be added. 5. Cover vegetables with stock or water and bring to the boil. 6. Vegetables may be left in saucepan, meat placed on top of vegetables and covered with a tight fitting lid and simmered gently, or may be transferred to a casserole dish covered tightly and simmered gently, in oven at 350. Baste with liquid every 20 minutes. 7. Remove lid and finish cooking in hot oven at 425 degrees. If the meat has been simmered in the saucepan it would have to be transferred to an open oven dish for the final "roasting" as above at 425 degrees. 8. Make a sauce with the liquid and serve garnished with the vegetables.

Method II For meats less suitable for finishing by roasting method

1. Prepare meat. Coat with seasoned flour. 2. Fry in dessertspoon hot dripping until brown, turning frequently. 3. Remove meat, and fry prepared vegetables. (More fat may have to be added). 4. Place vegetables in casserole and just cover with stock. 5. Place meat on vegetables and cover with tight fitting lid place in oven at 350 degrees and cook until tender. 6. Serve garnished with vegetables.

CUTS SUITABLE:

Blade Steak	Rib Chops	Stewing Veal	Liver	Sweetbreads
Top Rump Steak	Beef Steak	Oxtails	Skirt Steak	Leg Chops
Stewing Chops	Shin Beef	Sheep Kidneys	Flap Chops	Topside Steak
Gravy Beef	Tripe	Oxcheek	Sheep Hearts	

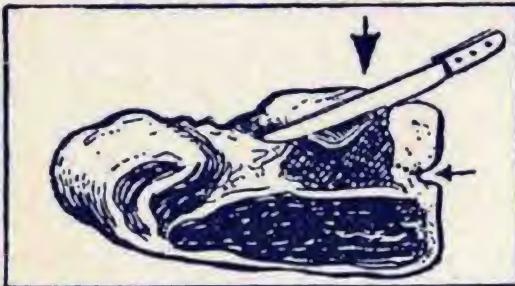
PRESSURE COOKER BRAIZING

Meats can be braized in a pressure cooker as well as stewed and pot roasted. Brown the meat by frying it on all sides as for pot-roasting. Pour off surplus fat, and put a thick layer of vegetables in the bottom of the cooker. Add $\frac{1}{2}$ pint stock, and place the meat on the vegetables, then pressure cook same as for pot-roasting. Don't forget to check with the rules of your own cooker.

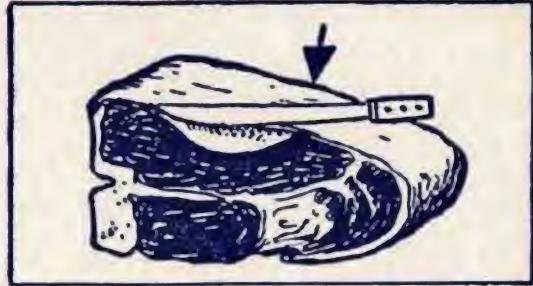
CARVING IS AN ART . . .

The knife is important, a good knife needs only occasional sharpening but should be steeled before and during use. Use a matching fork with a guard. Use the knife as you would a saw, moving to and fro with not too much pressure.

SIRLOIN BEEF ON THE BONE

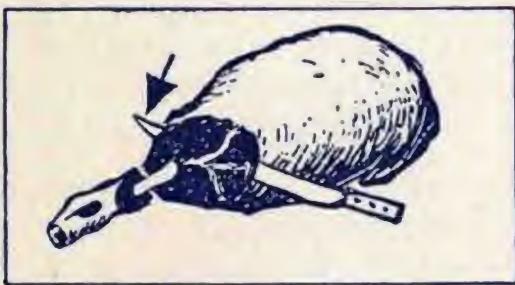


Remove fillet or undercut whole for slicing, or carve as shown, with joint lying on its back.

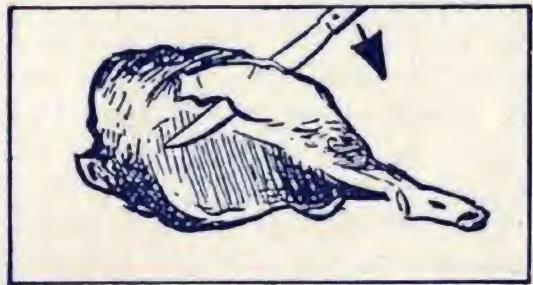


Turn sirloin over, remove bone if desired or carve as shown. Cut parallel and to the bone.

LEG LAMB OR MUTTON

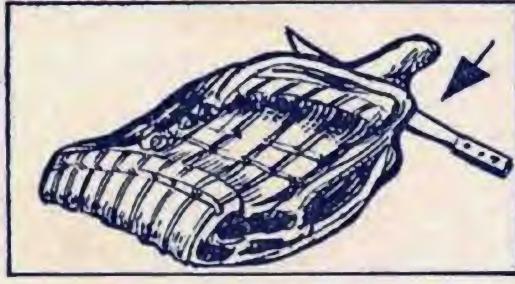


Remove small wedge-shaped piece near Hock. Cut a few slices before starting other side.

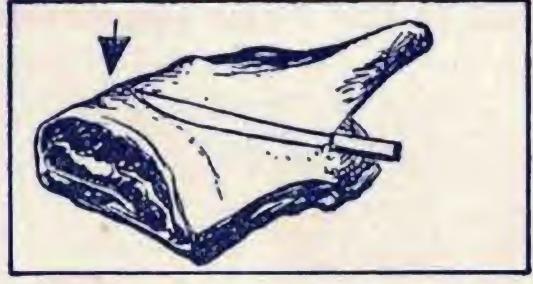


Now complete first cut as shown then start the second cut. Keep the knife sloping towards bone.

FORE QUARTER MUTTON OR LAMB



Separate neck and breast from shoulder, cut through to back. To carve neck and breast follow chopper cuts. See next illustration to carve shoulder.



To carve a shoulder of mutton or Hogget, cut away from the knuckle, keeping the knife parallel with bone or nearly so.

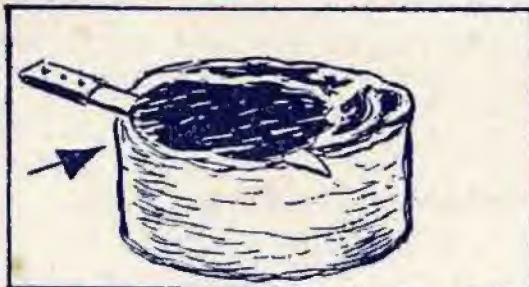
HERE ARE SOME METHODS

ask your  butcher for further

carve meat correctly it goes further !

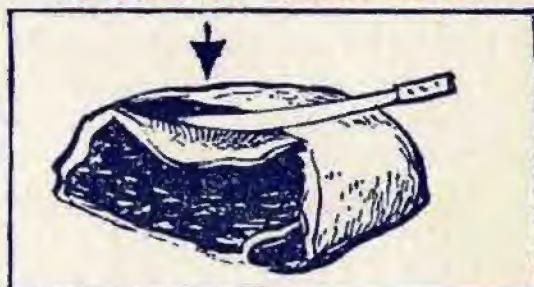
Meat is most tender cut across the grain. There are a few exceptions to this, but this is the "Golden Rule". Carve some meats, such as Beef and Ham, very thin. Mutton and Pork can be cut in thicker slices.

ROLLED ROAST



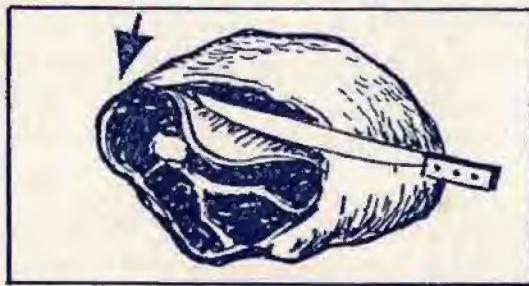
When carving rolled roasts use a long knife, keeping it flat. Cut thin even slices.

TOPSIDE OR STEAK ROAST



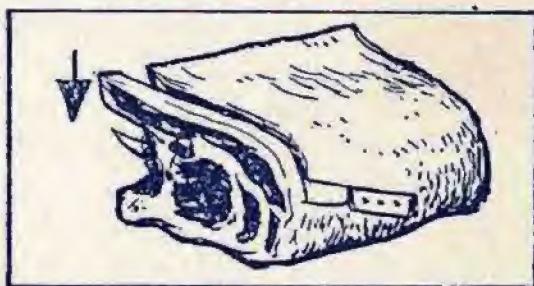
Can be roasted with or without stuffing. Carve across the face as shown.

FILLET OF MUTTON



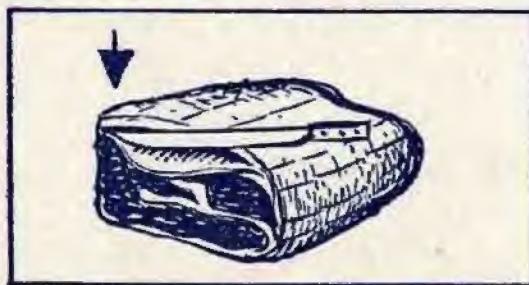
Also known as Thick End of Leg. Remove the centre bone, it simplifies carving. Cut across the face.

LOIN MUTTON



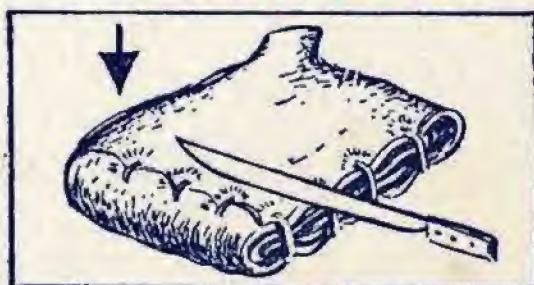
Applies equally to veal or pork. To carve, simply follow chopper marks.

FORELOIN PORK



It will be simpler carving if the Blade Bone is removed. This is easily done when the joint is hot. Carve on flat face as shown.

COLONIAL GOOSE



Stuffed Fore Quarter of Mutton. Ask your A.M.C. Butcher to bone this for you. Stuffing is placed in the middle before sewing up. Carve from end as shown.

OF CARVING VARIOUS JOINTS

advice . . . he will be pleased to help

BEEF Recipes

ROAST BEEF AND YORKSHIRE PUDDING

Wipe roast with damp cloth but do not wash. Place meat fat side up on rack of baking dish. If meat has little or no fat place one or two tablespoons of beef dripping or suet over it. This will baste the roast and no other basting is needed. Do not add water and do not cover dish. Roast at 300° F. for required length of time. If a roast is not cut immediately upon removal from oven, it will continue to cook. This may continue 30 to 45 minutes.

Basic recipe for Batter or Yorkshire Pudding

4 oz. flour	Pinch of salt	1 egg
½ pint milk or ½ pint milk and ½ pint water		

Sieve flour and salt into a bowl. Make a well in the centre and add the egg and half the milk, a little at a time. Mix with wooden spoon from the centre outwards, gradually absorbing the flour. Mix until smooth, then beat 5 to 10 minutes. Stir in remainder of milk. For Yorkshire Pudding allow the mixture to stand for 1 hour, melt some dripping in a tin which should be hot. Pour batter into hot tin. Bake above joint in moderate oven for about 40 minutes on shelf above the joint 400° F. Alternatively it can be poured straight into roasting tin with joint.

NOTE: An attractive individual way of serving Yorkshire Pudding is to pour it into patty pans and bake for 20 minutes. The patty pans should likewise be greased and hot before the mixture is poured in.

ROAST TOPSIDE OF BEEF

Take 4 to 5 lb. of topside, parsnips, onions and potatoes. Place meat in baking dish with sufficient fat to baste with. Cook for 1 hour in good oven, basting occasionally, then place sufficient of each vegetables for family in the dish with the meat and cook for another hour. This makes an easy dinner, as it only requires one dish. Serve with brown gravy.

FILLETS OF BEEF (with Tomatoes)

1½ lb. rump or porterhouse steak		
2 ozs. dripping	½ lb. tomatoes	Salt and pepper
1 oz. flour	½ pint stock	

Divide the meat into fillets $\frac{1}{4}$ inch thick. Dip into seasoned flour and fry in the dripping until brown. Cut the tomatoes into slices $\frac{1}{4}$ inch thick, place in a tin, season, and bake in a slow oven for 5 minutes. Melt $\frac{1}{2}$ oz. butter in a small pan, fry in it the trimmings from the tomatoes. Stir in the flour, add stock, seasoning, and boil up. Place the fillets down the centre of the dish with a slice of tomato between each and surround them with the strained gravy.

POT ROAST OF BEEF

3 lb. chuck, round or rump beef	1 $\frac{1}{2}$ tablespoons fat
Salt Pepper $\frac{1}{2}$ cup water	$\frac{1}{4}$ cup flour

Dredge meat with flour and brown on all sides in hot fat. Season with salt and pepper. Add water, cover and cook slowly until tender 3 or 4 hours. As the liquid cooks away add more. Serve with gravy and vegetables. Serves 8.

BEEF STEW WITH DUMPLINGS

1 $\frac{1}{2}$ lb. shin, neck, flank or brisket.	1/3 cup cubed carrots
$\frac{1}{2}$ teaspoon pepper	1 small onion
1/3 cup cubes turnips	4 cups potatoes cut into quarters
$\frac{1}{4}$ cup flour	1 teaspoon salt

Wipe meat with damp cloth. Cut remaining lean meat into 1 $\frac{1}{2}$ inch cubes. Extract fat from fat trimmings in pan over gentle heat. Remove surplus trimmings. Sear the lean cubes in the hot fat, turning constantly. Add enough boiling water to cover the meat or add pint of tomatoes, stewed and strained, and simmer until meat is tender about 3 hours. Add onion, carrots and turnips during the last hour of cooking and the potatoes 20 minutes before serving. Add dumplings to stew 15 minutes before serving. Cover saucepan closely and do not remove cover for at least 12 mins. Serves 6.

MEAT AND POTATO PIE

1 lb. steak	1 minced onion	2 sheep kidneys
Stock or water	1 tablespoon flour	Salt and pepper to taste
Potatoes		

Cut steak into very thin slices. Split skin, core and slice kidney. Mix flour with pepper and salt. Dip meat in flour, place in pie-dish. Rub kidneys in remainder of flour and mix with meat in dish. Add 1 cup water or stock. Cover with potato crust and bake $\frac{1}{2}$ hour to 1 hour or until tender at 350°F.

STEWED STEAK

1 lb. steak	1 tablespoon flour
Cup of water $\frac{1}{2}$ cup vinegar	Salt and pepper to taste

Cut the steak into cubes and soak in a little vinegar for a few minutes. Roll them in a mixture of flour, salt and pepper and put in a saucepan with a cup of cold water. Keep covered and cook slowly for 2 hours. Serve with pieces of toast round the dish or slices of lemon.

BAKED MINCE

1 $\frac{1}{2}$ lb. mince	Slice of bread	Breadcrumbs
1 cup milk	Tomatoes	Pepper and salt

Butter a pie dish and lay in one thick slice of bread with crust off. Pour over this 1 cup of milk and mince, with pepper and salt. Let all stand until milk soaks into bread. Beat all well together. Put layers of tomatoes on top and fine breadcrumbs. Bake slowly 1 hour with lid on or cover.

BEEF LOAF

1½ lb. minced beef	1½ cups breadcrumbs
1 tablespoon chopped parsley	½ teaspoon pepper
1 teaspoon salt	1 tablespoon chopped onion
1 egg	
1 tablespoon chopped celery leaves, dash thyme or herbs	

Mix meat thoroughly with egg, crumbs, chopped parsley and seasonings. Roll in flour and shape into loaf. Place in baking dish. Bake in hot oven at 400° F. for first half hour reduced to 350° for next hour. Baste with dripping or butter melted in two tablespoons of hot water. Serve with mushroom or onion sauce. Serves 6.

BEEF BRISKET WITH HORSERADISH SAUCE

3 to 4 lbs. beef brisket	3 teaspoons salt
Water	½ teaspoon pepper

Wipe with a damp cloth and cover with water. Season. Cover and cook at a simmering temperature three to four hours or until tender and serve with Horseradish sauce.

HORSERADISH SAUCE

1 tablesp. margarine	1 tablesp. lemon juice	1 tablesp. flour
Salt and pepper	1 cup milk	½ cup horseradish
1 tablesp. minced pimiento		

Melt margarine and add flour. Add milk slowly, stirring constantly until mixture boils. Drain horseradish, combine with lemon juice, seasonings and pimiento. Add to cream sauce. Serve hot with brisket of beef.

CHILI CON CARNE (Pressure Cooker Recipe)

2 lb minced beef	1 tablesp. chili powder
½ tablesp. cayenne	2 cups water
1 small piece garlic, cut finely	1 lb. sliced tomatoes
2 cups cooked French beans	1 cup chopped onions
1 tablesp. salt	1 tablesp. chopped green peppers
½ cup suet	

Place the suet in the cooker. Brown the meat, onions and green peppers and add tomatoes. Add seasonings. Cover and pressure cook for 10 mins. Remove from heat and let stand for 5 mins. Finish, reducing pressure and add beans. Simmer until the beans are hot.

BARBECUED BEEF STEAKS

2 lb. round topside or thick flank steak (cut ½ inch thick)	
2 medium sized onions	½ cup Ketchup
2 tablesp. vinegar	¾ cup water
1 tablesp. salt	3 tablesp. lard

Cut steak into suitable pieces for serving. Dredge with flour and brown on both sides in hot lard. Shred onions. Mix all remaining ingredients together and pour over meat. Cover and simmer about 2 hours or until tender. Add water to sauce as needed. Serves 8.

NOTE: Any stuffed steak recipe can be used with a variety of fillings. Pineapple chunks, prunes, apples, and walnuts can be added to give you that "Something Different."

Mutton & Lamb Recipes

STUFFED BREAST OF MUTTON

1 cup cooked rice or barley	1 tablespoon grated onion
Salt and pepper	

Have fore-shank removed from breast and the meat minced. Have the bones sawn so that the meat can be carved between the ribs. Make a pocket lengthwise in the breast by cutting the meat close to the ribs. Sprinkle the pocket with salt and pepper. Mix the minced shank meat from the fore-shank with cooked rice or barley. Season with grated onion and salt and pepper. Fill pocket with stuffing and sew or skewer edges together. Sprinkle outside with salt and pepper. Place uncovered in pan and place in moderately slow oven for one hour then cover and continue cooking until done, about one hour longer.

HARICOT MUTTON (Pressure Cooker Recipe)

2 lb. neck of mutton cut in cubes		
2½ teaspoons salt	3 medium carrots	6 medium potatoes
½ teaspoon pepper	6 med. onions	½ pint cold water

Cut the meat in cubes, put in cooker with ½ pint of cold water pressure cook 7 minutes. Reduce pressure with cold water, add prepared cut up vegetables and seasoning and pressure cook 5 mins more.

BRAIZED LOIN OF MUTTON

2 or 3 lb. boned loin of mutton	1 rasher bacon
2 large onions	3 carrots
1 or 2 tablesp. stuffing	1 turnip
1 oz. Monarch dripping	3 sticks celery and ¼ pint stock

Spread the meat with the stuffing. Roll up and tie into shape. Melt the fat and fry the bacon gently. Then add the cut up vegetables and cook slowly for 10 mins. with the lid on, until all the fat is absorbed. Place meat on this and add stock, cover with greased paper and braise 2 to 2½ hours. Garnish with tomatoes cut in half, fried potatoes and parsley.

HOT POT

12 oz. lean mutton	4 med. sized onions
1½ lb. potatoes	½ pint water
1 dessertspoon seasoned flour	½ oz. dripping

Cut the meat into pieces about ½ inch square and dredge in flour (seasoned). Cut potatoes into quarters. Cut onions and put a layer in the bottom of pie dish. Place the meat on top of the onions, and place the potatoes on top. Pour water all over, then put a few pieces of fat on top. Cover lightly with greased paper. Bake in moderate oven 350°F. for 2 hours.

CRUMBED MUTTON FLAP TRIANGLES

Cut flap into triangles, dip in egg and breadcrumbs and lightly fry. (Delicious).

BRAIZED HOGGET CHOPS

4 Hogget shoulder chops 4 thin slices of onion Salt and pepper
Lard for browning $\frac{1}{2}$ cup of tomato juice 4 lemon slices

Brown shoulder chops well in hot lard. Top each chop with a slice of lemon, and a slice of onion. Add tomato juice. Cover and cook slowly for 45 minutes. Serves 4.

LAMB STEW

2 lb. lamb cubes, shank breast, neck or shoulder

1 tablespoon flour	6 potatoes	Flour
1 tablespoon fat	6 carrots	1 cup fresh peas
Salt and pepper	3 onions	Tomatoes
Hot water	4 white turnips	

Dredge meat with flour and brown well in hot fat. Season with salt and pepper, cover with water and simmer until nearly tender 1 to 1½ hours. Add peeled vegetables, except tomatoes, whole or cut in cubes and simmer 30 mins longer or until tender. Add tomatoes and simmer 10 mins longer. Mix a little flour and water to a smooth paste and add enough to the liquid to thicken slightly. Serves 6.

MUTTON CUTLETS (with Tomato Sauce).

2 lbs. loin or leg chops of mutton

2 ozs. breadcrumbs	1 egg
Pepper and salt	Frying Fat

Pare off the fat and beat the cutlets to make them tender. Brush over with egg and roll them in breadcrumbs seasoned with salt and pepper, or seasoned flour may be used, then fry for 7 to 8 minutes in smoking hot fat. Drain on soft paper and serve in a ring with tomato sauce in the centre—not over. The sauce may be served in a tureen, if preferred.

SAVOURY MUTTON PIE

Mutton chops Kidneys Sliced potatoes Pepper and salt

Put a layer of mutton chops in pie-dish, add a layer of sliced kidneys pepper and salt, cover with water. Fill the pie-dish with layers of sliced potatoes. Put small pieces of butter on top and bake in oven 2 or 3 hours.

COLONIAL GOOSE ROAST STUFFED SHOULDER OF HOGGET

3 to 4 lb. Shoulder hogget Salt and pepper Bread stuffing

Have shoulder bone removed from shoulder and sew on 2 sides, leaving 1 side open for stuffing. Season with salt and pepper. Fill cavity in meat with stuffing and sew or skewer edges together. Place fat side up on rack in open roasting dish and roast in slow oven (300°F.) until tender, allowing 35 to 40 minutes per pound. Serve six.

PORK Recipes

ROAST PORK

Pork must be well cooked. When thoroughly cooked it should look white, pink-coloured underdone pork should never be eaten. It requires long, slow cooking. Score the skin to make the crackling, and season with $\frac{1}{2}$ teaspoon salt rubbed into the crackling. Roast pork requires little extra fat owing to the large amount of fat already contained in the joint. It should be brushed with olive oil, or basted with one tablespoon of dripping, preferably bacon fat. Prepare joint in usual way for roasting. To test when cooked, put a skewer into the thick part of the joint. No juice should come out when the skewer is withdrawn.

Method 1 for cooking: Place low in oven pre-heated to 450° F. Leave on high for five minutes when joint is placed in oven. Then lower the temperature gradually to 350° F. for the remainder of the cooking time. Allow 40 minutes to the pound.

Method 2. Put the joint into a cold oven and raise the temperature to 350° F. Allow 50 minutes to the pound by this method.

Crackling: To make good crisp crackling put pork towards top shelf of hot oven for the last 15 to 20 minutes. Take care that the crackling does not scorch at this stage, and watch it.

Accompaniment: Apple sauce and brown gravy. Sage and onion stuffing or walnut stuffing can also be used.
Spare rib, the leg or loin all roast well.

PORK CHOPS AND APPLES

6 pork chops	3 cooking apples	Pepper and salt
1 tablespoon fat	1 onion sliced	$\frac{1}{2}$ pint water
1 heaped tablespoon flour		

Peel core and slice apples and stew in very small amount of water. Then cut pocket in each chop and place some apple in each pocket. Heat fat in fry pan until fuming. Quickly brown chops on both sides and remove from pan. Fry onion until lightly browned. Add flour and brown it. Add water and stir until thickened. Season with salt and pepper. Place chops with gravy with remainder of apple. Place in moderate oven (450° F.) 1 $\frac{1}{2}$ to 2 hours.

CHOP SUEY, AMERICAN

2 cups beef or pork cut into small pieces		
1 cup boiled celery	1 $\frac{1}{2}$ cups boiled rice	1 teaspoon salt
$\frac{1}{2}$ teaspoon pepper	2 tablespoons flour	$1\frac{1}{2}$ cups stock
1 tablespoon fat or butter		

Cut up celery, add to meat. Mix with rice, salt and pepper. Melt butter and make into smooth paste with flour. Add stock slowly, stirring constantly. Add the meat and rice mixture and heat thoroughly. Mushrooms may be added to this dish.

PICKLED PORK

Place the pork skin downwards in warm water and bring slowly to the boil. Simmer gently. A 3 lb. piece would take 1½ hours from the time it begins to simmer. When tender, lift out and peel the skin off.

PORK CHOPS IN CASSEROLE

8 small potatoes	1 teaspoon salt	3 cups milk
2 tablespoons Monarch dripping		
½ teaspoon pepper	2 tablespoons flour	8 pork chops $\frac{1}{4}$ inch thick

Wash and peel potatoes, slice thinly, and place layers in greased baking dish. Sprinkle with flour, salt and pepper and dot with butter. Repeat until all potatoes are used. Pour in milk. Lay pork chops on top, bake in oven at 325° until potatoes are tender, about 1½ hours.

PICKLED PORK ROLL

4 lb. lightly pickled pork (thin part of belly best)		
1 cooked pig's tongue or 2 sheep tongues	1 onion finely chopped	
1 teaspoon finely chopped sage leaves		
1 level teaspoon pepper	Some dry breadcrumbs	

Remove the bones and flatten the pork. Spread over the sage, onion and pepper, etc. Skin the tongues and remove any small bones, lay it in the centre, and roll up the pork. Bind the whole tightly up with a long strip of calico. Put in a pan, cover with cold water and boil gently four hours. Allow it to cool in the water. When quite cold, remove the bandage, grate bread-crust over, and serve cold, garnished with parsley.

PORK CHOPS WITH APPLE SLICES

Cut off any excess fat from chops. Grill chops lightly on both sides to sear in previously heated thick dry pan. If fat is used, use the merest smear in pan. Continue grilling gently, preferably with a lid on the pan until tender (approximately 20 minutes).

Peel and core about 4 apples, and cut into rings. Fry gently until quite tender and drain well. Arrange chops in centre of dish garnished with apples.

PORK RISSOLES WITH BEEF

1 lb. mixed pork and beef (or either)		
8 tablespoons milk	$\frac{1}{2}$ oz. finely chopped onion	
1 oz. breadcrumbs	1 egg, salt & pepper	

Mince the meat twice, and soak the breadcrumbs in the milk. Fry the onion in the fat until golden brown, then mix all the ingredients together, and season well. Shape into small balls and fry in Monarch dripping. Cook for at least 20 mins. Serve with tomato sauce, green peas and grilled tomatoes.

BONED LEG O' PORK

Have the bone removed from the leg and fill up the space with forcemeat, composed of breadcrumbs, sage, allspice, pepper and salt, and a little onion chopped finely. Roll it up tightly, roast gently, frothing it with butter and flour shortly before serving with apple sauce.

VEAL Recipes

VEAL

Best results are obtained with veal by roasting by the "slow method." Put the joint on a low shelf into a cold oven, and raise the temperature 300 to 350° F. Allow 40 to 50 minutes to the pound. Serve with force meat balls and gravy. Veal has a delicate flavour—rolls of bacon are an excellent accompaniment whether the veal is roasted or served in a casserole. Tomatoes and mushrooms may also be used.

If there is not sufficient time to cook the meat by this slow method of roasting, preheat the oven to 450° F. Place on low shelf and sear the meat at this higher temperature 3 to 5 minutes, then allow the oven to reduce to 350°. 30 to 40 minutes to the pound should be allowed for this quicker method.

ROAST STUFFED VEAL

3 or 4 lbs. fillet of veal

Remove any skin and bone, cut a pocket in the meat and fill with the following forcement:

1 breakfast cup breadcrumbs	$\frac{1}{2}$ teaspoon salt
1 teaspoon chopped parsley	$\frac{1}{2}$ oz. butter, or 2 ozs. chopped suet
$\frac{1}{2}$ teaspoon mixed herbs	2 slices minced bacon
	1 egg
	$\frac{1}{2}$ teaspoon pepper

Mix dry ingredients, rub in butter. Place forcemeat in veal and sew up or tie firmly. Place in roasting tin after dredging with flour and covering it with hot fat. Bake about 2 hours, basting the meat for the last 1½ hours. Serve with brown gravy and grilled rolls of bacon.

BELGIAN STEW

1 lb. breast of veal

2 small onions

1 teaspoon vinegar

2 dessertspoons grated cheese

Dripping

6 potatoes

2 dessertspoons flour

Seasoning

Cut the meat into small squares, roll in flour and fry in boiling fat to which the vinegar has been added. Bring to simmering point and allow to simmer for 45 minutes in $\frac{1}{2}$ pint water.

Peel the potatoes and cut them into sections. Place the meat on a dish, the potatoes on top. Sprinkle with chopped onions and cook for 45 mins. Just before serving add the seasoning and sprinkle with grated cheese. Brown for 3 mins. in the oven.

STUFFED VEAL SHOULDER

5 lb. veal shoulder

Salt and pepper

Bread stuffing

Melted fat or bacon

Have the bones removed from veal shoulder, season cavity and fill with stuffing. Sew or skewer edges together and place on rack of roaster. Brush with fat or cover with strips of bacon. Bake uncovered in moderate oven allowing 40 minutes to the lb.

CRUMBED VEAL CUTLETS

2 lbs. veal cutlets, cut $\frac{1}{2}$ inch thick	$\frac{1}{2}$ teaspoon pepper
1 teaspoon salt	$\frac{1}{4}$ cup breadcrumbs
1 egg	2 tablespoons butter or fat
2 tablespoons cold water	2 tablespoons flour

Cut meat into 6 pieces. Sprinkle with salt and pepper. Roll in breadcrumbs. Dip in egg, well beaten in two tablespoons cold water. Roll again in crumbs. Heat a little fat in frying pan, and cook cutlets until thoroughly browned on both sides. Serve with mushrooms.

BRAISED VEAL STEAK & MUSHROOMS

2 lb. veal steak	2 cups crushed cereal flakes
1 egg slightly beaten	2 tablespoons fat
1 tablespoon milk	Mushrooms

Have veal steak cut 1 inch thick. Cut into pieces for serving. Dip into mixture of egg and milk. Roll in finely crushed cereal flakes, brown in hot fat and cover with mushrooms. Cover tightly and cook very slowly until tender, about 45 minutes. Thicken liquid for gravy and serve with veal steak. Serve 6.

SPICY VEAL STEAKS

1 $\frac{1}{2}$ lb. veal shoulder steak	1 $\frac{1}{2}$ teaspoons dry mustard
2 tablespoons flour	2 onions sliced
1 $\frac{1}{2}$ teaspoons salt	$\frac{1}{4}$ cup hot water
1 teaspoon ginger	

Wipe meat with a damp cloth. Mix flour, salt, ginger, mustard and pound into both sides of meat. Brown meat on one side in 2 tablespoons hot lard. Turn and brown other side. Cover with sliced onions, add water, cover pan, and cook slowly until tender, 1 to 1 $\frac{1}{2}$ hours. Make gravy from pan drippings, using evaporated milk or half milk half cream

STUFFED BREAST OF VEAL (Pressure Cooker Recipe)

1 $\frac{1}{2}$ lb. breast of veal	Lemon juice	$\frac{1}{2}$ oz. fat
Veal forcemeat	Salt and pepper	2 tablespoons water

Season meat with lemon juice, salt and pepper. Place stuffing inside the centre of meat, roll and tie up with string. Preheat cooker, add fat and brown meat on all sides. Add the water. Place cover on cooker and pressure cook for 30 minutes.

VEAL PIE

2 $\frac{1}{2}$ lb. knuckle of veal	2 sliced onions	1 cup diced celery
2 tablespoons chopped parsley		2 tablespoons flour
1 $\frac{1}{2}$ teaspoons salt	$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ cup sliced carrot

Cut meat into small pieces, sprinkle with salt and pepper, add vegetables and enough water to cover, bring slowly to boil, boil 5 minutes, then simmer until meat is tender. Line a baking dish with pastry, put meat and vegetables in dish. Thicken with flour mixed to a paste with cold water. Cover with pie crust and bake in oven until brown. Serves six.

Cheaper CUTS

BEEF OLIVES WITH VEGETABLES

1 lb. stewing steak, sliced very thinly	1 oz. sliced turnip
1½ ozs. finely chopped ham or bacon	2 ozs. breadcrumbs
Milk or stock as require (1 pint)	1 tablespoon Monarch dripping
Salt and pepper to taste	pinch of crushed herbs
1 heaped dessertspoon chopped parsley	
1 oz. diced carrots	2 teaspoons seasoned flour

Divide steak in 5 portions. Mix crumbs with ham or bacon, parsley, seasonings, and enough stock or milk to moisten. Divide equally into five. Spread on steaks to within $\frac{1}{2}$ inch of edge. Roll up each portion. Tie with thread. Dip in seasoned flour. Fry lightly in smoking hot fat till brown. Place in casserole. Fry vegetables in remaining fat until all the fat is absorbed. Add to casserole with stock. Cover and bake in a slow oven for about 2 hours or until tender.

Remove cotton or string before serving. If preferred the piece of steak may be sliced through its thickness. It is then similarly stuffed and tied. 2½ to 3 hours cooking time should be allowed for this method.

MUTTON BROTH

2 lb. mutton (scrag end)	2 oz. pearl barley	2 carrots
1 teaspoon mixed herbs	3 or 4 pints water	1 turnip
1 onion	2 leeks	Seasoning

Cut up meat, bring to boil with water, and simmer with the barley for 2 hours. Cut up vegetables and add with herbs (put in muslin bag) and continue simmering another hour. Remove meat bones and herbs, cool and remove fat.

BEEF LUNCHEON ROLL

1 lb. beef steak	4 oz. bacon	4 oz. breadcrumbs
½ teaspoon thyme	Salt and pepper	2 eggs
Tomatoes, to garnish		

Mince the meat and bacon finely, and mix with the rest of the dry ingredients, then add the well-beaten eggs and a little water. Put in a greased oblong tin and steam for 3 hours. When cold turn out and brush with a little fat and brown breadcrumbs.

STUFFED SHOULDER OF MUTTON

1 shoulder mutton	6 oz. bacon	Dripping
2 onions	1 egg	3 oz. breadcrumbs
1 dessertspoon thyme	Pepper and salt	6 small onions
		8 small potatoes

Separate bones from meat, taking care not to alter shape of meat. Chop onions finely, mix with finely chopped bacon, breadcrumbs, thyme and seasoning, and bind with beaten egg. Fill space with mixture and bake in moderately hot oven.

BOILED MEAT ROLL

Partly cook two onions, then chop into slices. Mince 4 oz. fresh meat with 1 bacon slice. Make pastry with Monarch dripping, roll out and spread with meat and onions, season well and roll up. Tie in floured cloth and boil for 2 hours.

BEEF STEAK PUDDING

1 lb. skirt, chuck or blade-bone steak	$\frac{1}{2}$ lb. suet	3 kidneys
8 ozs. breadcrumbs	1 teaspoon baking powder	
8 ozs. flour	Salt and pepper	

Mix breadcrumbs, flour, salt and baking powder together, then add enough cold water to make a stiff paste. Roll out, cut, and line a basin. Cut up steak and kidney small, dredge with flour, add pepper and salt. Cover with a thick layer of paste and boil about 3 hours.

SEASONED STEAK

3 lb. blade-bone steak with pocket	1 egg	1 onion
$\frac{1}{2}$ lb. mushrooms	1 cup breadcrumbs	Pepper and salt

Make stuffing with the breadcrumbs, pepper and salt and chopped onion. Bind together with the beaten egg. Stuff the steak and sew up with strong cotton. Bake in a covered baking dish with dripping in a moderate oven heat for 3 hours. Remove from the oven and place the steak in a dish. Pour off the fat from the baking dish and add the remaining gravy to the meat. Wash and peel the mushrooms and arrange around the steak. Cover and return to the oven until the mushrooms are tender.

SOUTHERN GOULASH

2 tablespoons fat	1 lb. minced steak	1 finely chopped onion
1 teaspoon salt	1 cup beef broth, or canned or stewed tomatoes	
$\frac{1}{2}$ teaspoon pepper	1 $\frac{1}{2}$ cups spaghetti	1 teaspoon Worcester sauce

Melt fat in deep pan. Sear steak and onion in it quickly. Add other ingredients. Cover pan and cook in moderate oven for 25 to 30 minutes. Serves 4.

CASSEROLE OF BEEF

2 lbs. shin or gravy beef	2 tablespoons vinegar or lemon juice
2 cups prepared vegetables	1 tablespoon ketchup or Worcester sauce
1 $\frac{1}{2}$ teaspoons salt	$\frac{1}{2}$ teaspoon allspice
Water to barely cover meat	

Wipe the meat with damp cloth and cut it into medium-sized pieces. Place in casserole. Add vinegar and seasoning. Cover and leave $\frac{1}{2}$ hour, then add water and vegetables. Place lid on and cook slowly for 3 hours.

MEAT LOAF

1 lb. raw minced beef, veal or mutton	2 teaspoons salt
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ to $\frac{1}{4}$ cup tomato sauce
1 cup breadcrumbs, straight from loaf	2 tablespoons chopped onion
1 beaten egg	1 $\frac{1}{2}$ cups milk

Mix well together and pack into meat loaf tin. Bake for 1 hour, moderate oven. Serve hot or cold in slices.

MEAT Sundries

LAMBS FRY AND BACON

½ lb. lamb's fry 4 rashers bacon. Flour for dredging Seasoning

Cut lamb's fry into slices about $\frac{1}{2}$ inch thick and dredge with flour. Fry four rashers of bacon lightly and remove from pan. Sear slices of lamb's fry either side in hot bacon fat. Add 2 tablespoons Monarch dripping if necessary, cover pan, and finish at lower temperature, cooking until tender.

LIVER AND KIDNEY DISH

Put in pie dish slices of liver and 2 sheep's kidneys, diced. Add 1 carrot, 1 parsnip, 1 onion cut small, and a little cauliflower, or any vegetables. Finish with sliced potatoes, bake 2 hours or until vegetables are cooked. Have water almost to cover. Season with pepper and salt, and pinch of dried herbs.

TRIPE WITH BACON

1 lb. tripe	4 or 5 rashers bacon	½ oz. flour
½ pt. liquid	2 large onions	½ oz. butter
Juice and rind of 1 small lemon	1 lb. creamy mashed potato	
1 teaspoon parsley	Seasoning.	Rounds cooked carrot.

Cut tripe into 4 or 5 strips, place rasher bacon in each piece and roll up and secure with string. Place in a saucepan and just cover with water, adding lemon rind and sliced onion. Simmer gently 2 or 3 hours. When tripe is cooked remove string and arrange with potatoes in dish. Melt butter and add flour and cook 2 or 3 mins., then add $\frac{1}{2}$ pt liquid. Bring to boil, cook 10 mins. Add lemon juice, parsley and seasoning, pour over tripe. Arrange hot carrot on dish.

BRAIZED SWEETBREADS

1 lb. sweetbreads	Stock	1 onion
1 rasher bacon	Salt and pepper	Juice of 1 lemon
Monarch dripping	1 carrot	

Prepare and blanch the sweetbreads and place them in cold water. Fry the cut-up bacon with the dripping, sliced carrot and onion. Place vegetables in dish with sweetbreads on top, cover with greased paper and cover the pan. Add seasoning and stock and cook in gentle heat about 20 mins. Add lemon juice when serving.

CASSEROLE OX TAIL

1 ox tail	2 onions	½ lb. carrots	1 turnip
Stock	Seasoning	Dried Herbs	

Cut ox tail into sections and place in casserole with onion, carrot turnip and dried herbs. Cover with stock and add seasoning. Cover and cook them in oven 350°F. for 4 hours.

APPETIZING MEALS FROM

Leftovers

OLD FASHIONED COTTAGE PIE

1 small stale loaf with crust all round	1 onion
Some scraps of any cooked meat	Pepper, salt and a little thyme
2 cups milk	Dripping or bacon fat

This is an excellent way to use up a stale loaf. Cut off the top for a cover, and scoop out the crumbs. Fill the centre with milk or warm water with a little dripping or bacon fat dissolved in it to soften. Pour out any milk not absorbed by the bread, and fill the centre with any scraps of cold meat, ham, bacon etc. Mince and scald the onion, season well and add crumbs if necessary to fill up. A little finely chopped suet will improve if the meat is very lean. Skewer the lid on, place in deep dish, and baste well with dripping. Cook about 1 hour, basting occasionally. Cover with lid or another dish after half an hour, or it will get very hard. Serve with a good gravy.

CURRIED COLD BEEF

1½ lb. cold roast beef	1 tablespoon curry powder	2 onions
1 pint of stock	1 teaspoonful lemon juice	1 cooking apple
1½ oz. butter	1 tablespoon flour	4 oz. rice

Cut the meat into slices about $\frac{1}{2}$ inch thick, and 1 inch square. Melt the butter in a saucepan, fry the onions for 2 to 3 minutes. Add the curry powder and flour, and fry gently for 5 mins. Add the stock, sliced apple, and salt to taste, stir until the sauce boils, and simmer gently for $\frac{1}{2}$ hour. Add the meat, cover and leave the juice to penetrate the meat for $\frac{1}{2}$ hour. Serve the rice separately.

HASHED MUTTON

2 cupfuls stale breadcrumbs	Slices of cold mutton
2 or 3 tablespoons brown sauce	Salt and pepper
6 chopped gherkins	Dash Worcester sauce
Stock made from simmered bones and trimmings	

Cut the meat into thin slices, and boil the bones and trimmings for sauce. Cover the bottom of a greased pie-dish with a layer of breadcrumbs, add 2 or 3 tablespoons brown sauce, and arrange the slices of meat on the top (a little Worcester added improves the flavour.) Sprinkle with chopped gherkins or any other pickle, salt and pepper, and cover lightly with the breadcrumbs and sauce. Repeat the process until the ingredients are all used, making the top layer a rather thick one of breadcrumbs. Cover with a greased paper and bake gently for about $\frac{1}{2}$ hour. Serve in the dish in which it has been cooked.

VEAL RISSOLES WITH BACON

8 oz. minced veal	½ pint coating batter for frying
½ pint tomato sauce	8 thin rashers bacon, seasoning to taste

Mix together minced meat, sauce and seasoning. Roll mixture into 8 pieces and wrap a piece of bacon round each. Dip in prepared batter. Fry in deep fat using Monarch lard.

Monarch Bacon & Sausages

SAUSAGE AND PINEAPPLE SAVOURY

1 lb. Monarch pork sausages	1 small tin pineapple rings
1 tablespoon flour	Curry Powder to taste
1 tablespoon rice per person	

Fry sausages until golden brown. Fry pineapple rings in same fat. Drain all well. Make gravy in pan with flour, curry and pineapple juice (instead of stock). Put sausages back to reheat. Serve with rice.

NOTE: Pork chops can be used instead of sausages.

SPICED SAUSAGES

1 lb. Monarch pork sausages	1 tablespoon vinegar
1 carrot	1 small teaspoon Worcester sauce
1 onion	1 cup boiling water
Pepper and salt to taste	1 tablespoon tomato sauce
½ cup flour	1 tablespoon sugar

Place sausages in casserole. Grate over them 1 carrot and 1 onion. Add pepper and salt to taste. Mix flour, vinegar, sauces, sugar and water (boiling) in basin. Pour over sausages and bake in moderate oven for 1 hour.

SAUSAGE AND BANANA SPLITS

4 sausages	1 thinly sliced banana	Sliced cheese
Hot chutney	Buttered rolls	

Halve the sausages lengthwise, and grill them until they are nearly cooked. Spread them with the chutney, lay slice of banana and cheese on top and grill them for a further 5 minutes.

BACON AND APPLE ROLLS

2 large cups flour	1 cup chopped suet	Slices of bacon
Sliced apple	Sliced onion	Pepper and salt
Parsley, thyme and sage	1 teaspoon baking powder	

Mix flour, suet, baking powder, pepper and salt together, moisten with water and roll out. Spread bacon, apple, onion and seasoning then roll tightly, tie in pudding cloth and boil 2 hours. Served with vegetables is a delicious savoury meat.

BACON SAVOURY

Fry a few slices of Monarch bacon in a pan and 2 large onions cut small. Put bacon in a pie-dish, cover with onions slightly browned. Over the whole spread a thin layer of cheese (grated) and finally sprinkle a little sugar. Bake about 5 to 10 mins in a hot oven and serve very hot.

BACON AND EGG PIE

Slices of bacon (rinds removed)	Seasoning of pepper and salt
1 egg for each person	Short pastry

Roll pastry out very thin and line a flat dish. Cover pastry with bacon, and season it with pepper. Break eggs into the centre, and season with salt and pepper. Add rest of bacon, cover with pastry and bake in a moderate oven about 30 mins.

LUNCHEON SAUSAGE SNACKS

3 tablespoons butter	Pepper and salt	$\frac{1}{2}$ pint milk
2 tablespoons flour	4 ozs. minced onion	4 to 8 oze. Cooked peas
Creamy mashed potato		6 large slices luncheon sausage

Melt 1 tablespoon fat and stir in the flour with seasoning to taste, then gradually add the milk and cook until thick and creamy. Add onion and peas and cook through. Heat remaining fat, place sausage in and cook until they curl up, forming cups. Arrange the sausage cups on a bed of mashed potato and fill with hot creamed pea and onion mixture.

OVEN BAKED HAM DELICACY

4 ozs. Monarch ham	2 egg whites
Little chopped parsley or tomato	4 tablespoons sieved tomato
$\frac{1}{4}$ oz. Gelatine	Cayenne Pepper and salt
4 or 5 tablespoons Aspic jelly	6 tablespoons top milk

Mince ham twice and pound it. Stir in the tomato seasoning and milk. Whisk egg whites stiffly and fold into the mixture. Dissolve gelatine in aspic jelly and add to the mixture and pour into dish and set.

BACON CRUMBLE SAVOURY

Crumble 2 crisply grilled rashers of bacon and add 1 dessertspoonful mayonnaise or thick salad dressing, $\frac{1}{2}$ cup chopped olives, mix well, add a dash of mustard, pile on cheese biscuits or fancy bread shapes.

GRILLED MUSHROOMS AND BACON ON TOAST

2 kidneys	4 pieces steak	4 slices bacon	4 sausages
4 tomatoes	4 mushrooms	Monarch dripping	

Cut up kidneys in half, and steak into small pieces. Make the bacon into rolls, and prick sausages. Cut tomatoes in half, wash mushrooms in boiling water, and dip all into hot fat and thread on 4 skewers and grill.

DEVILLED FRANKFURTS

12 frankfurts	$\frac{1}{2}$ lb. mild cheese	3 tablespoons mustard
12 slices bacon		

Split frankfurts lengthwise, but not quite through. Spread cut surfaces with mustard. Place slice of cheese in each split. Wrap slice of bacon around each frankfurt and fasten with toothpicks. Fry in a little bacon fat until crisp (turning often), about 8 to 10 mins.

Monarch LARD MAKES THE BEST PASTRY

GENERAL RULES FOR PASTRY MAKING

Use fresh flour. Sieve flour thoroughly with the salt. This will help to lighten the mixture. Keep the mixture as cool as possible. Hands should be cool and only the finger-tips used to rub in the fat. Handling should be cut down to a minimum. Add the water, which should be very cold, carefully. If too much is used the mixture becomes unmanageable and extra flour has to be added which will produce a tough result. Mix with cool blade of knife. It is helpful to allow rich pastry to cool in a refrigerator between rollings. Roll out the pastry lightly and firmly. Do not roll more than is necessary. It is essential to bake pastry in a hot oven and baking temperatures are given with each of the following basic recipes.

SHORT PASTRY

As its name implies, this pastry is of a rather crumbly texture. It is used for pies, tarts and pastries. By adding one yolk of egg to each $\frac{1}{2}$ lb. of flour, a richer result is obtained and this is suitable for flans of all kinds.

$\frac{1}{2}$ or $\frac{1}{4}$ Monarch Lard to flour. 1 Tsp. salt to each 1lb Flour. Cold water to bind.

Sieve the flour and salt into a cool dry basin. Rub the lard into the flour with the tips of the fingers till the mixture resembles fine breadcrumbs. Add sufficient water or yolk and water to form a stiff dough. Turn the dough on to a floured board. Knead slightly till free from cracks, then roll out to the size required. Bake at 350° to 400°.

FLAKY PASTRY

This is a rich pastry which is suitable for jam slices, eccles cakes, pies, etc. Good flaky pastry is judged by the evenness of the flakes when it is cooked. To achieve this the rolling and equal distribution of the fat are of high importance.

Proportions: $\frac{1}{2}$ to $\frac{1}{4}$ Monarch Lard to flour.

1 Teaspoon of lemon juice	}	to each $\frac{1}{2}$ lb. flour
$\frac{1}{4}$ teaspoon of salt $\frac{1}{4}$ pint water		

1. Divide the fat into four pieces and keep it cool.
2. Aerate the flour and salt with the fingers.
3. Rub one quarter of the fat into the flour and mix to a soft dough with cold water and lemon juice added all at once. Leave half an hour to relax.
4. Knead very lightly and roll to a strip.
5. Spread another $\frac{1}{4}$ fat in tiny pats over two thirds of the strip.
6. Fold in three with the plain third inside, seal the edges and half turn the pastry.
7. Roll to a strip and repeat 5 and 6 twice. Then roll and fold without any fat being enclosed.
8. When the pastry has thus been rolled and folded four times, roll it to the required shape.
9. Bake at 400°.

EAT AND ENJOY

Monarch

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DELICIOUS MILD CURED MONARCH BACON AND HAM



MONARCH PORK SAUSAGES

BLACK PUDDINGS

WHITE PUDDINGS

SAVELOYS

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HAM AND CHICKEN ROLL

BEEF LUNCHEON SAUSAGE

ROYAL LUNCHEON SAUSAGE

MONARCH COCKTAIL SAUSAGES

FRANKFURTS

BEEF SAUSAGES



MONARCH COOKED MEATS

PRESSED BEEF

PRESSED VEAL

BRAWN ROLL

CORNED SILVERSIDE

DRIPPING

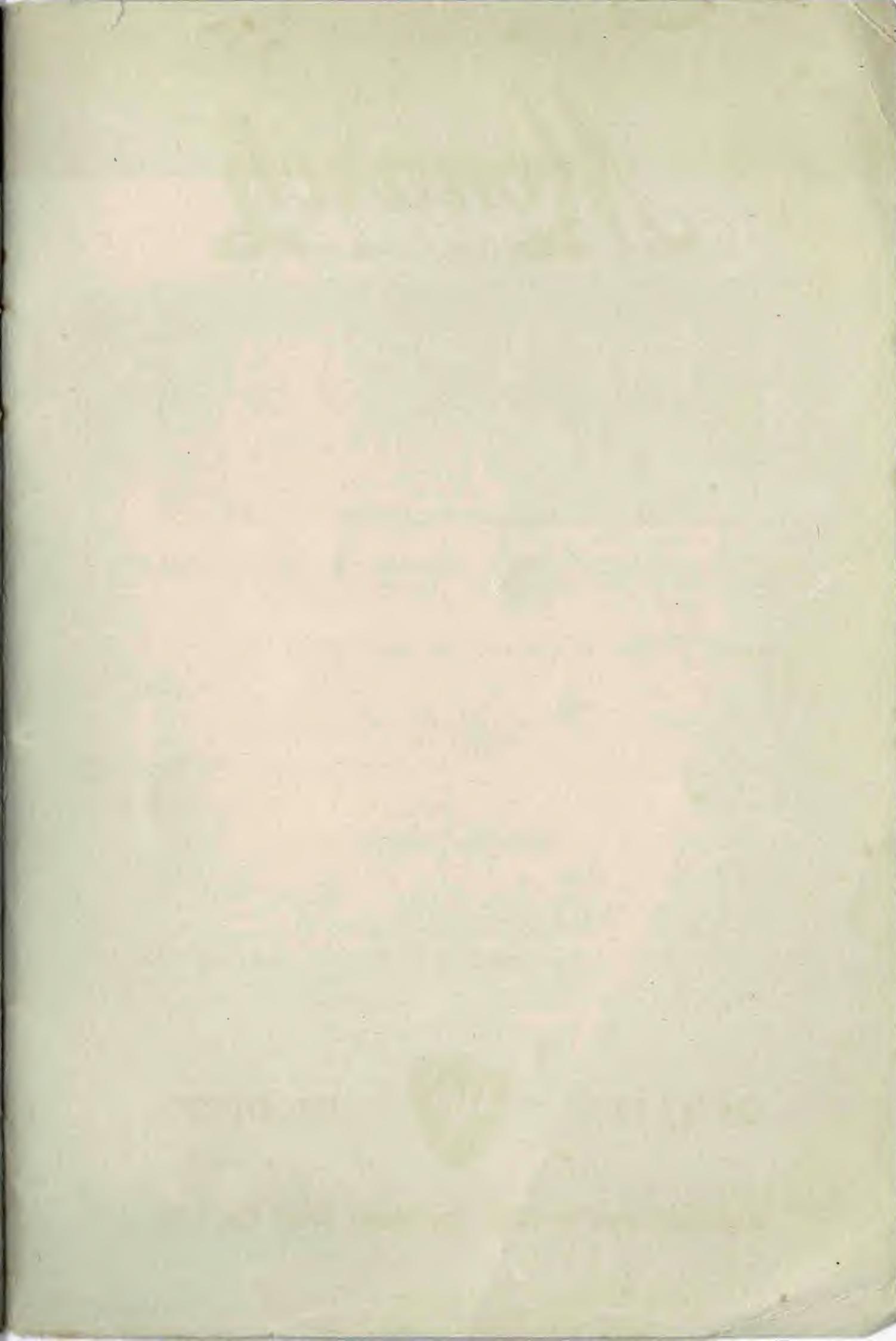
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